

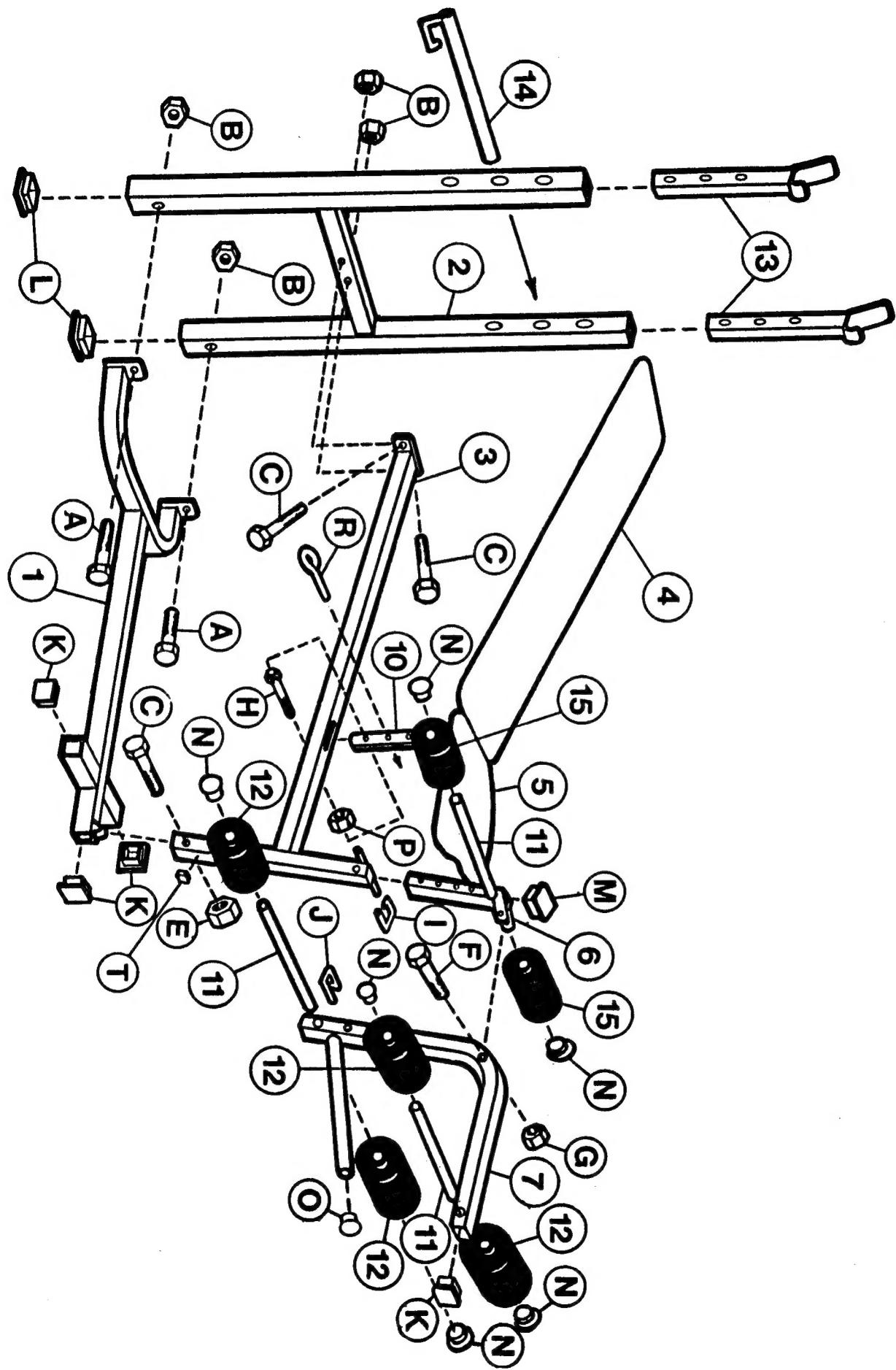
B-240

ASSEMBLY INSTRUCTIONS

• REPLACEMENT PARTS

weider®

WEIDER HEALTH AND FITNESS
21100 ERWIN STREET, WOODLIN HILLS, CALIFORNIA, U.S.A. 91367



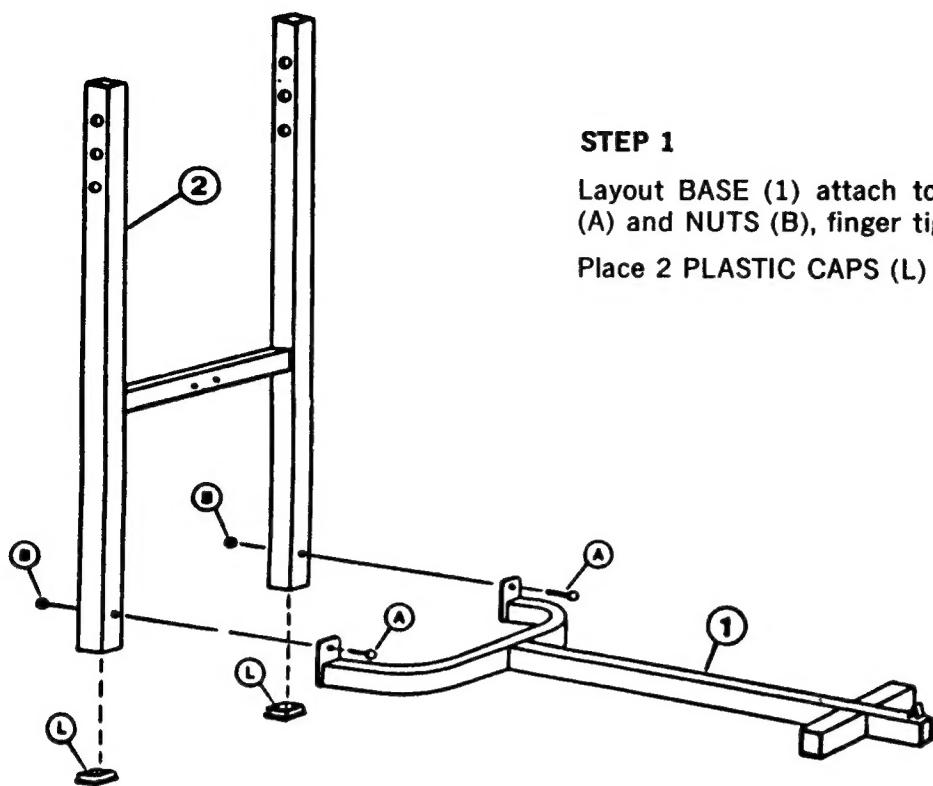
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PARTS LIST

*Same as SWB1
Best seat different colors*

DIAGRAM NO.	PART NAME	NO. REQUIRED	ORDERING NUMBER
1	BASE FRAME	1	CA09-0110
2	UPRIGHTS	1	CA09-0206
3	MAIN FRAME	1	CA09-0111
4	BACKREST	1	CA09-0316
5	SEAT	1	CA09-0317
6	ADJ. LEG ASSEMBLY	1	CA09-0112
7	LEG CURL	1	CA09-0113
8	BACKREST SUPPORT	2	CA09-6047
9	SEAT SUPPORT	2	CA09-6048
10	SEAT ADJUSTER	1	CA09-6049
11	PAD BAR	3	CA09-6050
12	FOAM PAD (LARGE)	4	CB18-0412
13	ADJ. UPRIGHT ASSEMBLY	2	CA09-0207
14	ADJ. BACKREST BAR	1	CA09-6051
15	FOAM PAD (SMALL)	2	CB18-0413
A	5/16"-20 X 2 1/2" HEX HEAD BOLT	2	HH-5015
B	5/16"-20 LOCK NUT	4	HH-5021
C	5/16"-20-2" HEX HEAD BOLT	3	HH-5017
E	5/16"-20 ACORN NUT	1	HH-5019
F	3/8"-16-2 1/2" HEX HEAD BQLT	1	HH-5018
G	3/8-16 ACORN NUT	1	HH-5020
H	1/4"-20-3/4" MACHINE SCREW	1	HH-5022
I	LEG ADJUST PIN	1	WW-7002
J	LEG LOCK PIN	1	WW-7004
K	1 1/2" SQ. PLASTIC CAP	4	AA-8001
L	2" SQ. PLASTIC CAP	2	AA-8002
M	1 1/4" SQ. PLASTIC CAP	1	AA-8003
N	3/4" RD. PLASTIC CAP	6	AA-8004
O	1" RD. PLASTIC CAP	1	AA-8005
P	1/4"-20 LOCK NUT	1	HH-5011
R	ADJ EYELET PIN	1	WW-7005
S	1/4"-20-3/4" HEX HEAD BOLT	8	HH-5023
T	RUBBER STOP	1	AA-8007
	HARDWARE BAG	1	CA09-5779
	INSTRUCTION MANUAL	1	IN21688
	UPRIGHT DECAL - RIGHT	1	DE-4006
	UPRIGHT DECAL - LEFT	1	DE-4007

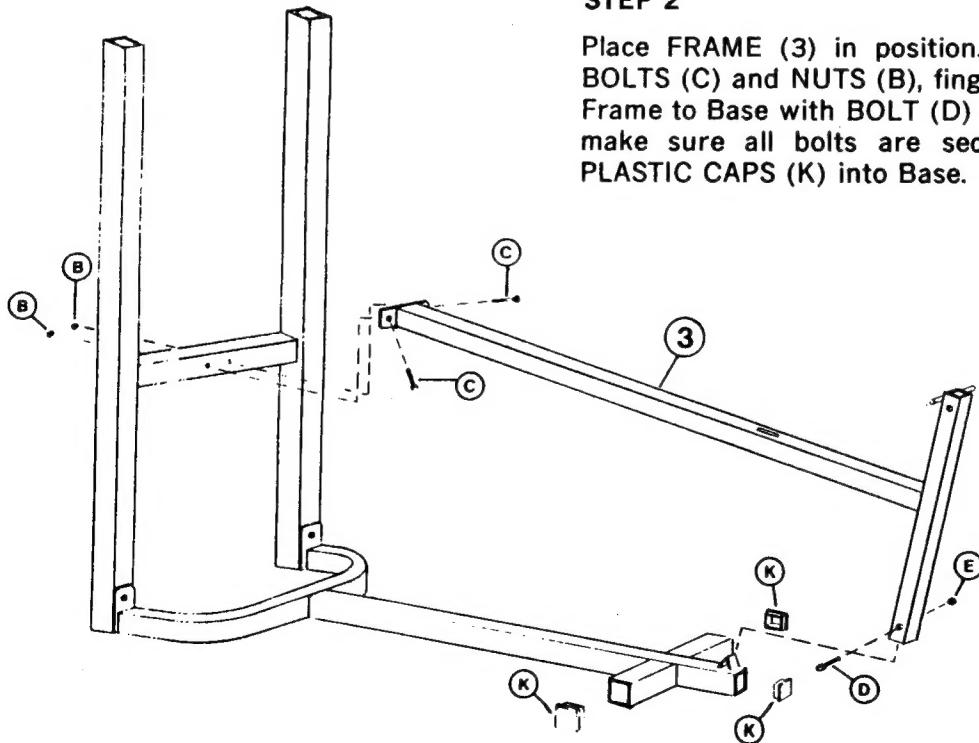
* WHEN ORDERING PARTS, IT IS IMPORTANT TO SPECIFY THE MODEL FOR WHICH THE PART IS NEEDED, GIVING THE PART NAME AND ORDERING NUMBER OF THE PART. BY FOLLOWING THESE INSTRUCTIONS, YOU WILL AVOID DELAYS AND ADDITIONAL EXPENSE.



STEP 1

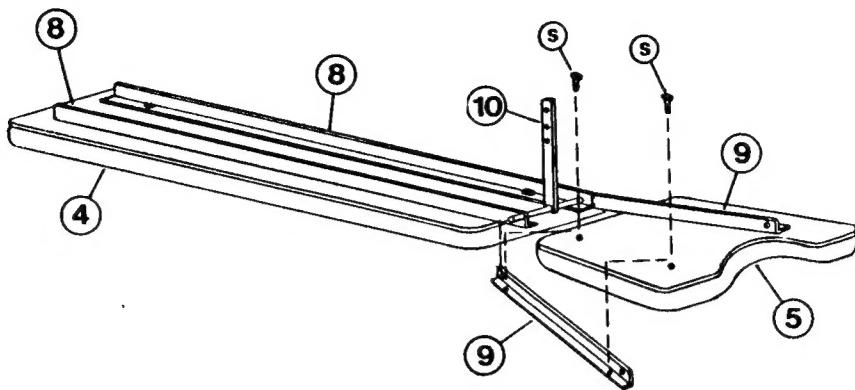
Layout BASE (1) attach to UPRIGHTS (2) with BOLTS (A) and NUTS (B), finger tighten.

Place 2 PLASTIC CAPS (L) into Uprights.



STEP 2

Place FRAME (3) in position. Attach to Uprights with BOLTS (C) and NUTS (B), finger tighten. Secure front of Frame to Base with BOLT (D) and NUT (E). At this time make sure all bolts are securely tightened. Place 3 PLASTIC CAPS (K) into Base.

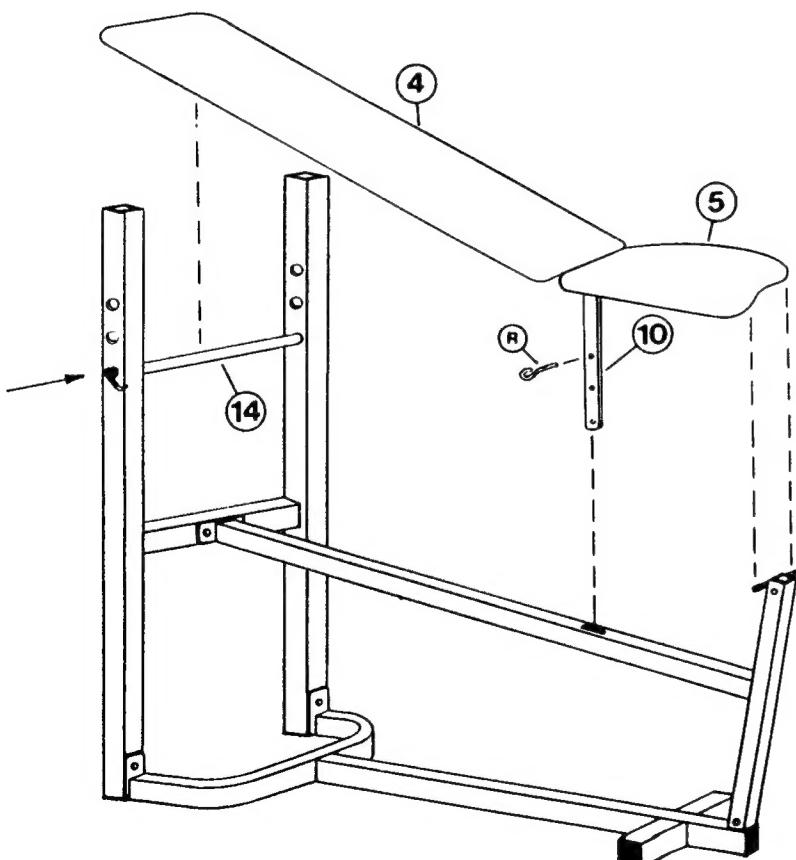


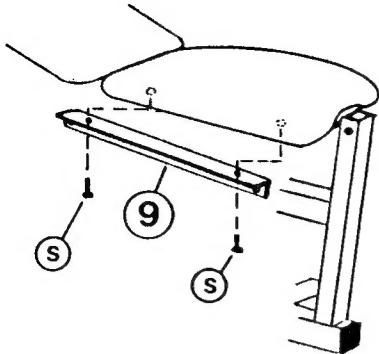
STEP 3

Lay BACKREST (4) and SEAT (5) upside down as shown. Remove one ANGLE IRON (9) from the SEAT (5). Then assemble Seat and Backrest as shown, by sliding Seat with attached Angle Iron on the SEAT ADJUSTER (10).

STEP 4

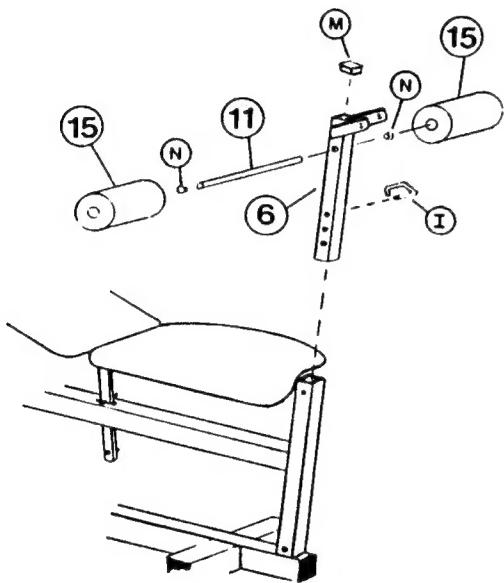
Slide into position the LOCKING ADJUSTABLE BACKREST BAR (14) in the direction shown in the diagram. Turn SEAT (5) and BACKREST (4) right side up and bring down to Main Frame and place Backrest onto Locking Adjustable Backrest Bar. Slide the front of the Seat onto the rod on the front of the Main Frame as shown in the diagram. Slide the SEAT ADJUSTER (10) into the slot provided in the Main Frame. Use the EYELET PIN (R) to determine the proper adjustment for individual workout. The EYELET PIN (R) will lie across the Main Frame after inserted in the Seat Adjuster. After Seat Adjuster has passed through slot in Main Frame, place MACHINE SCREW (H) through bottom hole in Seat Adjuster and secure.





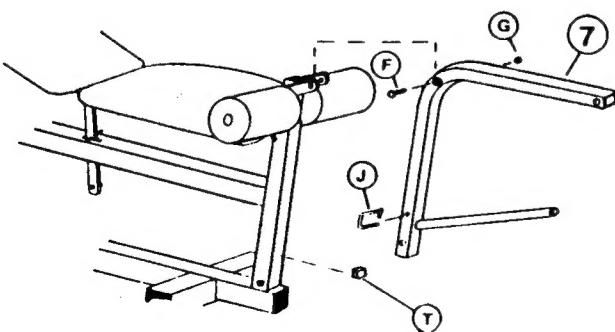
STEP 5

To aid in attaching the SEAT SUPPORT (9) use the EYELET PIN (R) to hold Seat in highest position. Now slide the Seat Support on the Main Frame Rod and the Seat Adjuster Rod and secure with the two BOLTS (S) you removed in Step (3).



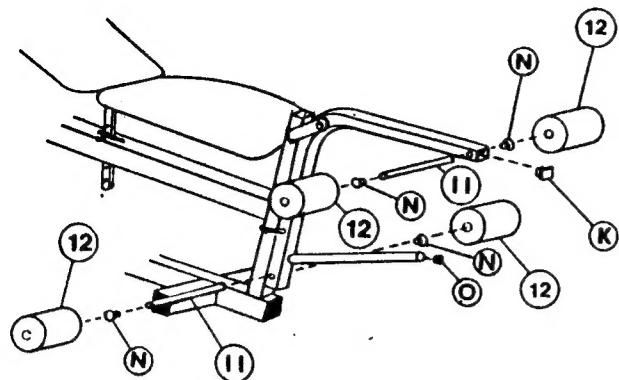
STEP 6

Slide ADJUSTABLE LEG ASSEMBLY (6) into the Main Frame tube and adjust to proper height using ADJUSTABLE PIN (I). Take PAD BAR (11) and slide through hole on Adjustable Leg Assembly until equal amounts of the bar are on both sides of tube. Place a PLASTIC PLUG (N) into both ends of Pad Bar. Place PLASTIC CAP (M) into top of Adjustable Leg Assembly.



STEP 7

Place CURL FRAME (7) in position between the bracket on the adjustable leg assembly. Attach with HEX HEAD BOLT (F) and LOCKING NUT (G). **DO NOT OVER TIGHTEN!** The Curl Frame should operate freely. Peel the paper off of the RUBBER STOP (T). Place the Stop on the Main Frame where the Curl Frame strikes the Main Frame.

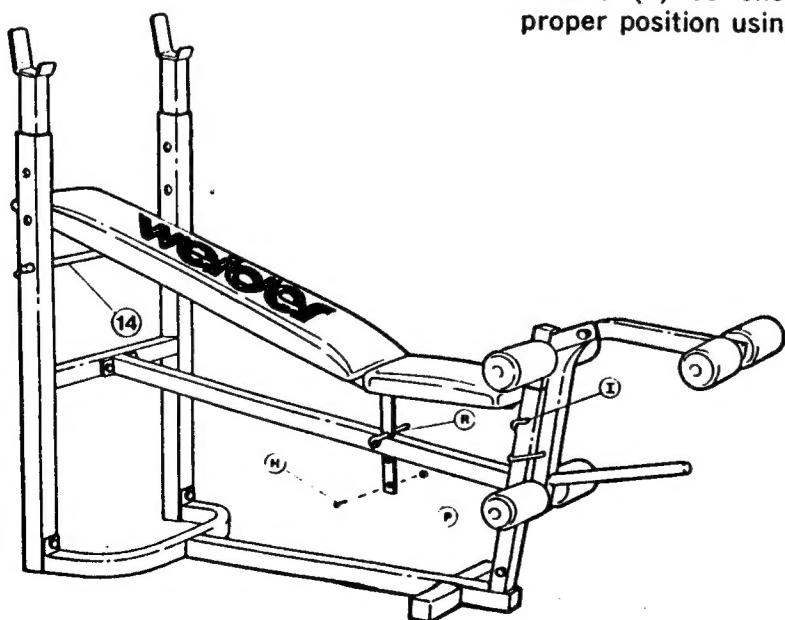


STEP 8

Take PAD BARS (11) and place through holes on Curl Frame till equal amounts of bar are on both sides of Frame. Place ANKLE PADS (12) on each side of bar. Next place PLASTIC PLUG (N) in the ends of the tube. Repeat till all pads are in place. Place SQUARE PLASTIC CAP (K) into Curl Frame end. Place ROUND PLASTIC CAP (O) into end of weight tube.

STEP 9

Slide ADJUSTABLE UPRIGHTS (13) into UPRIGHT TUBES (2) as shown in diagram. Adjust Leg Curl to proper position using ADJUSTABLE PIN (I).



WARNING

CONSULT YOUR PHYSICIAN

**CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM.
IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN
BEFORE YOU ENTER ANY EXERCISE PROGRAM.**

**FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER
INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE
ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.**

TRAIN WITH A PARTNER

**IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORKOUT
WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM
TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.**